

and principles. All are graduates of the Flint public schools, where academics are stressed before athletics. They all possess a deep sense of spirituality that is clearly rooted in faith and family. And they never miss a chance to praise and celebrate those roots. Their accomplishments shine bright in the eyes of the people of Flint.

Morris Peterson was named Big 10 player of the year and joined Mateen Cleaves as one of the 10 players selected to the John Wooden All-American team. Charlie Bell earned a spot on the third team All-Big-10 Conference. All three, along with A.J. Granger, made the All-NCAA tournament team.

The Spartans finished their storybook season with a record of 32-7, becoming Big 10 regular season co-champions, Big 10 tournament champions, and NCAA champions. Today, Mr. Speaker, I salute Michigan State's accomplishments and share the joy of their victory with MSU students and alumni and especially the people of Flint.

The SPEAKER pro tempore. Under a previous order of the House, the gentleman from Oregon (Mr. BLUMENAUER) is recognized for 5 minutes.

Mr. BLUMENAUER addressed the House. His remarks will appear hereafter in the Extensions of Remarks.)

The SPEAKER pro tempore. Under a previous order of the House, the gentleman from Virginia (Mr. MORAN) is recognized for 5 minutes.

(Mr. MORAN addressed the House. His remarks will appear hereafter in the Extensions of Remarks.)

#### NATIONAL SLEEP AWARENESS WEEK

The SPEAKER pro tempore. Under a previous order of the House, the gentleman from Illinois (Mr. DAVIS) is recognized for 5 minutes.

Mr. DAVIS of Illinois. Mr. Speaker, I, too, would extend my congratulations to all of the athletes that we have heard talked about. In my own congressional district, the Westinghouse High School boys team went to the finals, lost by three points. Unfortunately, they did not win; but they came close, and, of course, the Marshall High School girls were city champs. They did not win the championship this year, but they have won it so many times until they know that they will be back next year.

Mr. Speaker, last week was National Sleep Awareness Week. I rise today to pay tribute to the work that the National Sleep Foundation and other health professionals are doing in this arena. I think it is important that we recognize the efforts of medical researchers who have devoted their professional careers to studying the impact of fatigue and sleep disorders on our Nation's health, safety, and pro-

ductivity. We should also take time to reevaluate our own personal health habits and determine how we can improve our own health in order to be stronger and more effective citizens.

While physicians and patients now pay attention to the adverse health impacts of poor nutrition and inadequate exercise, too few people pay attention to the harm that can result from inadequate or disordered sleep. Sleep scientists have linked such ailments as high blood pressure, hypertension, depression, and cardiovascular disease to inadequate sleep. The National Institutes of Health estimate that 40 million Americans suffer from chronic sleep disorders, the vast majority of which remain undiagnosed and untreated; and another 20 to 30 million suffer intermittent sleep-related problems.

The survey conducted by the National Sleep Foundation found that 58 million Americans report suffering excessive daytime sleepiness at levels that interfere with their day-to-day activities. Evidence tells us that America's sleep debt is on the rise. Yet numerous studies have concluded that the general public and primary care physicians lack the basic sleep knowledge to address these problems. As a result, the toll on human health, safety and productivity is enormous.

This problem is more than simply getting a good night's rest. It encompasses medical problems, lack of education, and the tools required to address this public health concern. Sleepiness, whether the result of untreated sleep disorders, volitional sleep deprivation, or shift work has also been identified as casual factors in a growing number of on-the-job injuries. This corresponds directly in lost productivity, personal injuries, medical expense, property and environmental damage due to sleep disorders and sleep deprivation.

The cost of this problem is estimated by the National Sleep Foundation to exceed \$100 billion each year. It is the personal injuries that are the most tragic part of this equation. However, we hear numerous reports on television and in the news about drivers who fall asleep at the wheel and kill themselves, a family member, or an innocent bystander.

As I alluded to earlier in my statement, there are ongoing research efforts into the impact of sleep deprivation. I am privileged that the Northwestern University Medical School in my district; and one of my constituents, Dr. Phyllis Zee of Oak Park, Illinois, has spent over a decade creating innovative approaches to improved sleep and daytime performance in older adults and by conducting research on the genetic basis for human sleep disorders.

As with any type of important health research, there is also need to provide information to the members of the community at greatest risk. Many minorities, for example, do not receive

education on proper sleep habits or recognition of symptoms that could indicate a chronic disorder. Through the work of the National Sleep Foundation, however, outreach to high-risk groups is beginning to change. It is important that we in Congress support these efforts and support strong public education and prevention programs to address this public health issue and this public health crisis.

Mr. Speaker, I would hope that all Americans would look seriously at something as simple as getting enough rest, getting enough sleep and the impact that it can have on enhancing rather than diminishing the quality of life for all of us.

#### STRENGTHENING THE RURAL ECONOMY

The SPEAKER pro tempore. Under a previous order of the House, the gentleman from North Carolina (Mrs. CLAYTON) is recognized for 5 minutes.

Mrs. CLAYTON. Mr. Speaker, the United States has enjoyed the longest sustained period of economic growth in the history of the Nation. We have gone from record deficits to record surpluses. 20 million new jobs have been created in the last 8 years. We have the highest homeownership rate ever, the lowest unemployment in 30 years, and the lowest poverty rate in 20 years. Under current plans, we expect to eliminate the Federal debt; and we are looking forward to a surplus of more than \$3 trillion over the next 10 years. Farmlands are being transformed into subdivisions overnight.

Ordinarily that would be good, indicating progress. But the transformation of farmland into subdivisions is but further evidence that small ranchers and farmers are a dying breed. At the turn of the last century, close to half of the population in America lived and worked on ranches and farms. With the recent turn of the century, that number has been reduced to only about 1½ percent of the population. In 1900, thousands and thousands of small farms and ranches dotted the countryside, growing tobacco, cotton, wheat, soybeans and other products, raising pigs, poultry, horses and cattle. Today, by contrast, four companies are responsible for 80 percent of the beef market.

Despite the rosy economic picture for some, many in rural America are suffering. Despite the economic boom, many in rural America have not shared in the bounty. In rural America, low-tech factories have been driven out of business by lower paying foreign competitors. Small tobacco growers and other farmers face extinction. The digital divide has left us with two Americas. According to a recent article in the New York Times, large chunks of rural America are being depopulated. Small ranchers and farmers are being impoverished, forcing them to sell out.

The Department of Agriculture reports that wheat is at the lowest price since 1986, cotton at its lowest since